



City of Gaithersburg Press Release

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For Immediate Release

Ready, Set, Burn Off Thanksgiving Calories with Free Zumba & Dance Fitness Party

Gaithersburg, MD – (November 8, 2018) The City of Gaithersburg invites you and your family to burn off Thanksgiving calories while having fun with a free Zumba and dance fitness class on Saturday, November 24, 2018, from 9 to 10:30 a.m. at the Activity Center at Bohrer Park. The fun and energizing workout class is open to all ages.

Warm up to the rhythms of Zumba, then shake, bop and sweat with dance fitness. You'll experience an hour and a half of body-energizing, stress-relieving fun.

Explore more fitness options in the Go! Gaithersburg Guide, available on the City's website and at most City facilities. For more information, call 301-258-6350 or visit www.gaitHERSBURGMD.GOV.

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